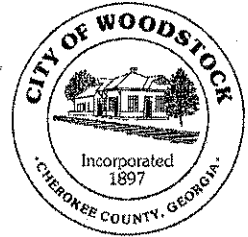


SENIOR MATTERS



WILLIAM G. LONG SENIOR CENTER

Woodstock Parks and Recreation

223 Arnold Mill Rd., Woodstock, GA 30188

Phone: 678-445-6518 Fax: 678-445-4351

January / February 2016

UPCOMING EVENTS

December

**December 31st
New Year's Eve Party**



January

**January 1st
Center Closed for New Year's Day**

**January 18th
Center Closed for M.L. King Day**



February

**February 11th
Valentine's Party**



INSIDE

**Advisory
Council**

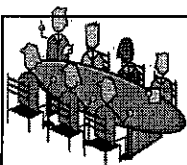
New Members

**Daily
Activities**

**Jan./Feb.
Calendar,
Trip &
Activity
Details**

**Lotto Drawing
Instructions**

**Birthday
Luncheon for
Nov./Dec.
Birthdays**



INSIDE THE CENTER

William G. Long Senior Center (WGLSC) Advisory Council

Advisory Council meets every other month at the Senior Center. The next meeting will be January 20, 2016 at 10:00am. A copy of the minutes of each meeting can be obtained from staff.

ADVISORY COUNCIL MEMBERS

Gloria LeVonne, President

E-Mail: glorialevonne@gmail.com

Nelson Quebedeaux, Vice President

E-Mail: nelsonqq39@gmail.com

Tom Richardson, Secretary

E-Mail: richardsonthom@gmail.com

Delia Halverson

E-Mail: halversondelia@bellsouth.net

Evelyn Endsley

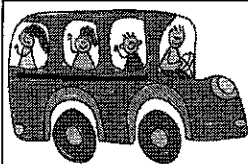
E-Mail: evelynendsley414@gmail.com

Dolores Setaro

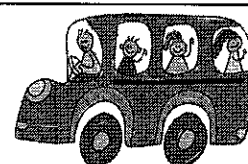
E-Mail: dcsetaro@aol.com

Caryn Rosenberg

E-Mail: carynrose99@gmail.com



The New Bus Is Ordered!



It will seat up to 28 and will be handicapped accessible. We should have the new bus sometimes in the first quarter of 2016.

Thank you to the Mayor, Preston, and the City of Woodstock for their continued support of our senior center.

Williams G. Long Senior Center Phone Number 678-445-6518
Preston Pooser, Director of Parks Recreation, ppooser@woodstockga.gov

Marybeth Stockdale Special Events Coordinator mstockdale@woodstockga.gov	Jan Masey Senior Center Coordinator jmasey@woodstockga.gov	Don Payne Recreation Services Assistant dpayne@woodstockga.gov	Heather Gaddis Administrative Assistant hgaddis@woodstockga.gov
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Welcome New Members



Evelyn Balejsik	Ann Breeden	Jill Mabley	Ralph Iler	Shirley Quinn
Joyce Greene	Rosemarie Meier	Rachel Chappell	Cindy Myers	Kris Sweet
Jackie Chesser	Janice Cavaretta	Steve Gilman	Sabina Paskowski	Dixie LaBreck
Shirley Bryant	Joan Thull	Richard Brown	Rhoda Wilensky	Ina Huffman
Diane Dolfi	Sharon Lukens	Patricia Jenkins	Mignon Ridings	Peggy Ray-Simpson
Janet Robinson	Beth Villemmez	Elga Spencer	Betty Albritton	
Frederick Robinson	Ray Villemmez	Marsha Iler	Mary Ann Martel	

FOR YOUR INFORMATION

PLEASE TAKE PRIDE IN OUR CENTER AND HELP KEEP IT CLEAN BY NOT LEAVING YOUR CUPS, NAPKINS, ETC SITTING ON THE TABLES, CHAIRS AND FLOOR. PLEASE DISPOSE THEM IN THE PROVIDED WASTE CONTAINERS.

COLD AND FLU SEASON IS UPON US AND WE ASK THAT YOU USE THE HAND SANITIZER AND ANTIBACTERIAL SOAPS PROVIDED TO HELP KEEP GERMS AWAY FROM THE CENTER. IF YOU HAVE THE SNIFFLES OR THINK YOU MIGHT BE GETTING SICK, PLEASE REFRAIN FROM VISITING THE CENTER UNTIL YOU ARE FEELING BETTER.

LOTTO TICKETS ARE DUE ON TUESDAY BEFORE LOTTO DAY TO BE INCLUDED IN THE WEDNESDAY LOTTO DRAWING. TICKETS TURNED IN AFTER TUESDAY WILL AUTOMATICALLY GO TO THE BOTTOM OF THE LIST OR WAIT LIST. ONLY FILL OUT ONE LOTTO SLIP PER TRIP. DUPLICATE ENTRIES WILL THROWN OUT. AND REMEMBER, ONLY TRIPS THAT GO BY BUS NEED LOTTO SLIPS FILLED OUT.

WHEN PAYING FOR TRIPS OR LUNCH IN CASH, PLEASE BRING THE CORRECT CHANGE. WE MAKE DEPOSITS DAILY AND DO NOT KEEP CHANGE IN THE OFFICE. BRINGING THE CORRECT AMOUNT MIGHT SAVE YOU A TRIP BACK TO THE CENTER TO MAKE YOUR PAYMENT.

THANKS, JAN & DON

WE HAVE A M.U.S.T. MINISTRIES COLLECTION BARREL IN THE FRONT ENTRY. THEY ACCEPT ALL "CLEAN" CLOTHING, LINENS, AND NON PERISHABLE FOOD ITEMS. DONATIONS ARE TAX DEDUCTIBLE AND IF YOU LEAVE YOUR NAME, DELIA HALVERSON WILL MAKE SURE YOU GET A RECEIPT.

PLEASE BE CONSIDERATE OF OTHERS - DO NOT TAKE ANYTHING THAT DOES NOT BELONG TO YOU (THIS INCLUDES ITEMS IN THE REFRIGERATORS.) IF YOU FIND SOMETHING THAT HAS BEEN LEFT BEHIND, PLEASE TURN IT INTO THE OFFICE.

WHEN TRAVELING ON THE BUS, PLEASE SIT IN THE SAME SEAT FOR THE ENTIRE TRIP. WHEN YOU LEAVE THE BUS AND GET BACK ON, PLEASE GO TO "YOUR" ORIGINAL SEAT. THANK YOU!

Don't forget to check out our Senior Center Facebook Page for pictures of our trips & events and LIKE us! Find us at this web address: <https://www.facebook.com/Woodstock.Senior.Center>





January 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Closed New Year's Day	2
3	4	5	6 10am Trip Comm. Mtg.	7 11AM Healthy Cooking	8 10am <u>Bowling</u> 1:30 Bunko	9
10	11 2PM Movie & Ice Cream "Bridge of Spies"	12 7:30AM Tour of the Atlanta Airport	13	14	15 1:30pm The Home Care Industry	16 12:55pm HD Opera Les Pecheurs Perles
17	18 Closed MLK Day	19 11AM Flex & Stretch	20 10am Advisory Comm. Mtg.	21 11:15 Lunch Bunch @ Marlows	22	23
24 <hr/> 31	25 10:00am Chick Fil A Tour	26 10:15 Tour of the Strand Theatre	27	28	29	30 11AM In The Mood @ Cobb Energy 12:55pm <u>HD Opera</u>

Wednesday Lunches: At 12:00 Noon unless otherwise noted. Cost is \$5.00 - \$7.00 cash per person prepaid by the Friday before the lunch. Menus posted by the kitchen — sign up in the office.

<p>January 6th \$6.00</p> <p>J Millers BBQ Sand. Slaw & Beans Chips Dessert & Drink</p>	<p>January 13th \$6.50</p> <p>Buffalo's Cheese Steak Wrap Chips and Slaw Dessert & Drink</p>	<p>January 20th \$5.50</p> <p>Arby's Roast Beef Sand. Potatoes & Dessert Drink</p>	<p>January 27th \$6</p> <p>Kani House Chicken Fried Rice Salad Dessert Drink</p>	
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January Activity and Trip Details



JANUARY 1ST - CLOSED FOR NEW YEAR'S DAY

JANUARY 7TH - 11AM - "HEALTHY COOKING" PRESENTED BY KAISER PERMANENTE - ENJOY WATCHING A DIETITIAN/ CHEF PREPARE HEALTHY FOOD OPTIONS, THEN SAMPLING WHAT HAS BEEN PREPARED. COST IS FREE, AND A SIGN UP SHEET WILL BE ON THE BOARD.

JANUARY 8TH - 10AM TO 12PM - "BOWLING AT STARS AND STRIKES" - ENJOY THE FUN AND EXERCISE OF BOWLING WITH YOUR FRIENDS FROM THE SENIOR CENTER. THE COST IS \$10.00 PER PERSON FOR 2 HOURS OF BOWLING, PAID AT THE DOOR. WE WILL MEET AT THE BOWLING ALLEY AT 10AM. IF YOU LIKE WE CAN EAT AT THE ALLEY OR A NEARBY RESTAURANT. A SIGN-UP SHEET WILL BE ON THE BOARD.

JANUARY 8TH - 1:30PM - BUNKO!

JANUARY 11TH - 2PM - MOVIE AND ICE CREAM "BRIDGE OF SPIES" - STARRING TOM HANKS & ALAN ALDA.

JANUARY 12TH - 7:30AM - "TOUR OF THE ATLANTA AIRPORT" - JOIN US IN A TOUR OF THE WORLD'S BUSIEST AIRPORT. SEE PASSENGER AND CARGO PLANES ON THE TAXIWAY AS WELL AS GET AN AMAZING VIEW OF THE ATLANTA SKYLINE FROM RADAR HILL (WEATHER PERMITTING.) PLEASE NOTE: THERE WILL BE A LOT OF WALKING..... THIS TRIP IS LIMITED TO 24 MEMBERS. COST IS FREE. BRING MONEY FOR LUNCH AT THE OAKLAND CAFÉ. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 7:30AM.

JANUARY 15TH - 1:30PM - "KADEN HOME CARE" WITH GREG MCGUIRE. HE WILL BE HERE TO DISCUSS THE HOME CARE INDUSTRY AND EXPLAIN THE DIFFENCES OF HOME CARE AND HOME HEALTH CARE. REFRESHMENTS WILL BE SERVED. A SIGN UP SHEET WILL BE ON THE BOARD.

JANUARY 16TH - 12:55PM - HD OPERA "LES PECHEURS PERLES - COST IS \$20.00 PAID AT THE DOOR AT THE AMC BARRETT COMMONS 24 IN KENNESAW. MEMBERS WILL DRIVE THEMSELVES.

JANUARY 18TH - CLOSED FOR M.L.KING HOLIDAY

JANUARY 19TH - "FLEX & STRETCH" - ANN MERINO WILL BE INSTRUCTING THIS POPULAR CLASS AGAIN. EVERY TUESDAY, 11AM - 12PM, FOR SIX WEEKS. COST IS \$20 PAID TO ANN THE FIRST DAY OF CLASS. CLASS SIZE WILL BE LIMITED TO 10 PEOPLE. A SIGN-UP SHEET WILL BE ON THE BOARD. PLEASE DO NOT SIGN UP UNLESS YOU PLAN ON PARTICIPATING.

JANUARY 21ST - 11:15AM - "LUNCH BUNCH AT MARLOW'S TAVERN" AT THE NEW OUTLET MALL. PRICES RANGE FROM \$6.00 TO \$15.00. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 11:15AM.

JANUARY 25TH - 10:00AM "CHICK FIL A TOUR" - THIS "DELUXE" TOUR ALSO INCLUDES THE TEST KITCHEN AND INNOVATION CENTER. COST IS \$15 PER PERSON, PREPAID BY JANUARY 4TH.

JANUARY 26TH - 10:15AM - "TOUR OF THE STRAND THEATRE"- ENJOY A BEHIND THE SCENE TOUR OF THE OLD EARL STRAND THEATRE ON THE MARIETTA SQUARE. COST IS \$5.50 PREPAID BY JANUARY 15TH. BRING MONEY FOR LUNCH ON YOUR OWN ON THE SQUARE. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 10:15AM

JANUARY 30TH - 11AM - "IN THE MOOD - BIG BAND CONCERT" AT THE COBB ENERGY CENTRE. IF YOU ARE A FAN OF THE BIG BAND ERA, YOU WILL LOVE THIS BRASSY, ALL SINGING, ALL DANCING, ALL AMERICAN SHOW. THE COST WILL BE \$38.00 PREPAID BY JAN 4TH. BRING MONEY FOR BRUNCH AT O' CHARLEY'S. THE BUS WILL LEAVE THE SENIOR CENTER PARKING LOT AT 11AM.

JANUARY 30TH - 12:55PM - HD OPERA - "TRUANDOT BY GIACOMO PUCCINI" - COST IS \$20.00 PAID AT THE DOOR AT THE BARRETT COMMONS 24 IN KENNESAW. MEMBERS WILL DRIVE THEMSELVES.



February 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 10am Bowling 1:30 Bunko	6
7	8 2PM Movie & Ice Cream "The Martian"	9	10	11 1PM Valentine's Day Party	12 9AM Driver safety class	13
14 <i>Happy Valentines Day</i>	15 12PM Lunch & Learn "The Wellness Champions"	16	17 1pm LOTTO	18 11:15 Lunch Bunch @ Semper Fi	19	20
21	22	23	24 12PM Chili Cook-off	25 4:30 7 Bridges @ Falany Center	26	27
28	29					

Wednesday Lunches: At 12:00 Noon unless otherwise noted. Cost is \$5.00 - \$7.00 cash per person prepaid by the Friday before the lunch. Menus posted by the kitchen — sign up in the office.
(prices and menu are subject to change)

February 3rd	February 10th	February 17th	February 24th	
\$6.00 Beef Stew Bread Dessert Drink	\$6.50 Honey Baked Ham Sand. Chips & Cookie Drink	\$5.50 Chick Fil A Sandwich Chips & Cookie Drink	\$5.00 Chili Cook-off	



February Trips and Activity Details



FEBRUARY 5TH - 10AM - "BOWLING AT STARS & STRIKES" - ENJOY THE FUN AND EXERCISE OF BOWLING WITH YOUR FRIENDS FROM THE SENIOR CENTER. THE COST IS \$10.00 (PAID AT THE DOOR) PER PERSON FOR 2 HOURS OF BOWLING. WE WILL MEET AT THE BOWLING ALLEY AT 10AM. IF YOU WOULD LIKE WE CAN EAT AFTERWARDS AT THE ALLEY OR A NEARBY RESTAURANT. A SIGN-UP SHEET WILL BE ON THE BOARD.

FEBRUARY 5TH - 1:30PM - "BUNKO"

FEBRUARY 8TH - 2PM - MOVIE & ICE CREAM "THE MARTIAN" - STARRING MATT DAMON & JEFF DANIELS.

FEBRUARY 11TH - 1PM - "VALENTINE'S PARTY" - JOIN US ON THIS DAY OF LOVE FOR SWEET TREATS AND GAMES. BRING YOUR FAVORITE CAKES, COOKIES, AND PIES AND REMEMBER TO BRING ENOUGH FOR AT LEAST 8 PEOPLE. THE SIGN UP SHEET WILL BE ON THE BOARD.

FEBRUARY 12TH - 9AM - "SAFE DRIVERS CLASS" FOR INFORMATION AND/OR RESERVATIONS - CALL PAUL GALANEK AT 770-591-9347.

FEBRUARY 15TH - 12PM - "LUNCH & LEARN" THE WELLNESS CHAMPIONS - THE TOPIC OF THIS LUNCH & LEARN WILL SHOW US THE IN-DEPTH EFFECTS THAT STRESS, SLEEP & NUTRITION HAVE ON THE BODY. LUNCH WILL BE PROVIDED AT NO COST. A SIGN UP SHEET WILL BE ON THE BOARD.

FEBRUARY 17TH - 12PM - "LUNCH & LOTTO" - JOIN US FOR A CHICK-FIL-A LUNCH AT NOON (\$5.50 PREPAID BY FEB. 12TH) AND THEN STAY FOR LOTTO AT 1PM TO SEE IF YOU GOT ON YOUR FAVORITE TRIPS.

FEBRUARY 18TH - 11:15AM - "LUNCH BUNCH @ SEMPER-FI BAR & GRILL" MENU INCLUDES SALADS, SANDWICHES, AND BURGERS STARTING FROM \$5.00 TO \$12.99. THE BUS WILL LEAVE THE CHURCH PARKING LOT AT 11:15AM.

FEBRUARY 24TH - 12PM - "CHILI COOK-OFF" - ENTER YOUR FAVORITE CHILI RECIPE & SEE WHO OUR JUDGES PICK AS THE BEST. PLEASE MAKE ENOUGH FOR 10 PEOPLE! FOR \$5.00 YOU CAN SAMPLE THE CHILIES AND GET 1 BOWL OF YOUR FAVORITE, PLUS TOPPINGS. IF YOU ENTER THE CONTEST YOUR MEAL IS FREE. A SIGN UP SHEET WILL BE ON THE BOARD.

FEBRUARY 25TH - 4:30PM - "7 BRIDGES -THE EAGLES TRIBUTE BAND" AT THE FALANY PERFORMING ARTS CENTER AT REINHARDT COLLEGE. IF YOU ARE A FAN OF THE EAGLES YOU WILL ENJOY THE ULTIMATE EAGLES EXPERIENCE IN A STUNNINGLY ACCURATE TRIBUTE TO THE MUSIC. COST IS \$32.00 PER PERSON, PREPAID BY FEB. 3RD. BRING MONEY FOR DINNER AT CRACKER BARREL. THE BUS WILL LEAVE THE SENIOR CENTER PARKING LOT AT 4:30PM.

Seniors in Action!



Huge crowd at our October Lotto!



2015 Marble Festival and Quarry tour



Members visiting the Wheelhouse on the Southern Belle lunch cruise.



Mercier's Orchard! Always a fun trip.

BRIGHT BEGINNINGS WEIGHT LOSS SUPPORT GROUP

**Meets on Thursday mornings
at the Senior Center**

**Weigh in is from 9:15 - 9:30am
Meeting starts at 9:30am**

**For more information,
contact**

**Rose Beauchamp @
sweetmaria1956@yahoo.com**

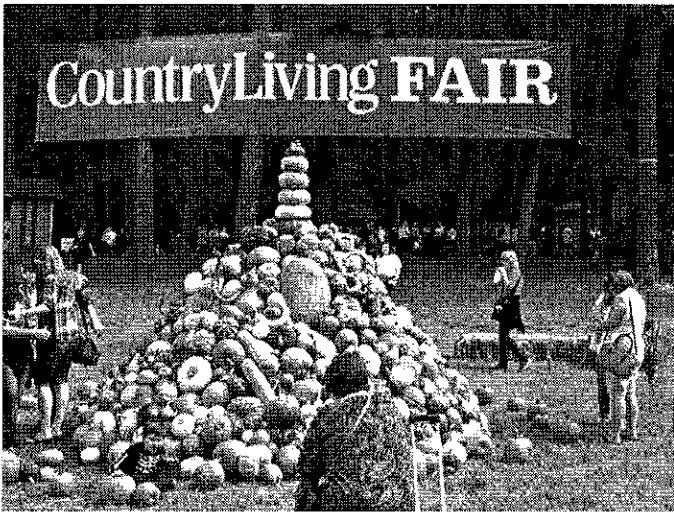
Bus Fee

The round trip mileage to and from the scheduled event(s) determines the per-person bus fee.

The fee schedule is as follows:

0 - 50 Miles:	\$1.00
51 - 100 Miles:	\$2.00
101 - 200 Miles:	\$3.00
Over 200 Miles:	\$4.00

Seniors in Action!



Country Living Fair at Stone Mountain!



Halloween Costume Contest!



Checking out Fall colors riding the rails through North Georgia.



Veterans' Day Luncheon



Thanksgiving Luncheon

Making our kids jealous with all of the fun we're having!

ALASKAN CRUISE ON NORWEGIAN CRUISE LINES

May 22 - 29, 2016

*Interested—check with Jan or Don
for prices and availability.*

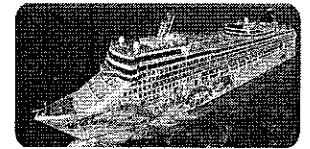
INCLUDES:

- Transportation to and from Atlanta Airport
- Nonstop airfare to and from Seattle, WA.
- Transportation to and from Seattle Cruise port
- Seven night cruise departing from and returning to Seattle, WA aboard the *Norwegian Pearl*.

Deposit due at sign up. \$250 due by January 23, 2016

Balance due by March 08, 2016 *Insurance will be quoted individually*

Call or stop by the Senior Center for a brochure!



Beginning / Refresher Bridge Class

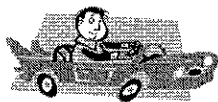
Learn the basics of Bridge! This class is held on Thursdays from 1:00pm until 3:00pm. The class size is limited to a maximum of 8 students to offer the best learning environment. This class is for beginners or those that need to refresh their skills. This is a free class. Ruth Petherick is volunteering her time as the instructor.

The next set of classes will begin January 7, 2016.

Beginning / Refresher Mahjongg Class

Learn the basics of Mahjongg! This class is held on Tuesdays from 2:00pm until 4:00pm. The class size is limited to a maximum of 8 students to offer the best learning environment. This class is for beginners or those that need to refresh their skills. This is a free class. Mary Beth Watkins is volunteering her time as the instructor.

The next set of classes will begin January 5, 2016.



AARP SMART DRIVER COURSE

**At the William G. Long Senior Center
Call Paul Galanek at
770-591-9347**

**for details and reservations
for the February 12, 2016 Class.
9:00am to 4:00pm**

**Cost: AARP MEMBERS - \$15.00
NON AARP Members - \$20.00
Seats are limited**



ART CLASSES AT THE WILLIAM G LONG SENIOR CENTER!

*Artist Mary Cover shares her
years of knowledge and experience on a
variety of mediums with all levels of painters*

\$10.00 per class

*Thursdays 2:00pm – 4:00pm
Contact Mary - 770-592-2312*

- **9:00am** - **Billiards, Card Games, Chip Poker**
- **10:00am** - **Line Dancing with Gayle Bautz**
- **10:00am** - **Mahjongg**

- **9:00am** - **Hand & Foot, Bridge, Canasta, Pinochle**
- **9:00am** - **Ladies Billiards**
- **3:00pm** - **Wii Bowling**

- **9:00am** - **Billiards, Card Games, Woodcarving**
- **10:00am** - **Euchre**
- **10:00am** - **Mahjongg**
- **11:00am** - **Scrabble**

- **9:00am** - **Chip Poker, Dominos, Card Games**
- **9:30am** - **Weight Loss Group with Rose Beauchamp**
- **10:00am** - **Line Dancing with Gayle Bautz**
- **11:30am** - **Nimble Fingers**
- **2:00pm** - **Painting Class**

- **9:00am** - **Billiards, Hand & Foot**
- **9:00am** - **Pinochle**
- **10:00am** - **Mahjongg, Rummikub**
- **1:00pm** - **Euchre**

11

Wm. G. Long Senior Center
Woodstock Parks and Recreation Dept.
223 Arnold Mill Rd.
Woodstock, GA 30188

Standard
U.S. Postage Pd.
Woodstock, GA 30188
Permit No. 171

★ **Please refer to the date on the mailing label above for your membership date.** ★
★ **Your renewal membership is due one year from this date.** ★
★

Lotto Drawing Instructions for Trips

In order for all our members to have an equal chance to go on the trips we offer, the selection is done by a lotto drawing process. A lotto ticket is filled out by each member and given to a staff person prior to lotto day, which is listed on the calendar sent in the mail. On lotto day a separate drawing is done for each trip. The bus will hold 28 people therefore the first 28 names that are drawn are guaranteed a seat on the bus. If more than 28 have signed up for that trip, the remainder will go on a waiting list in the order they were drawn. After the lotto is completed, staff will post a list of trips with the members listed who were drawn for each trip including those drawn for the waiting list. Lotto tickets can be picked up anytime at the Senior Center.

Only trips that go on the bus need lotto slips filled out!

All others will be sign-up sheets and will be on the board the day after lotto.